



8-22-2015

The Pacifican August 22, 2015

University of the Pacific

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Recommended Citation

University of the Pacific, "The Pacifican August 22, 2015" (2015). *The Pacifican*. 7.
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THE PACIFICAN

UNIVERSITY OF THE PACIFIC'S NEWSPAPER SINCE 1908

VOLUME 107, CONVOCATION

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SATURDAY, AUGUST 22, 2015

WELCOME CLASS OF 2019!



Edna Rush

Becoming a Tiger

Drew Jones
EDITOR-IN-CHIEF

Many wonder at what point they've earned their stripes and can truly call themselves a Tiger.

You've already accepted your invitation to come to Pacific and experienced what it's like to be on campus for a few days, but have you felt what it means to be a Tiger?

Falling into the routine of going to class, eating at the UC and finishing the day studying in your dorm room is what the quintessential college experience is. But what makes going to Pacific different? What makes being a Tiger special?

Well, there are experiences that are novel and unique to the average Pacific student that no other college can replicate. For instance, Block Party. One of the biggest events of the entire school year is on the first day everyone returns to campus, giving everyone the opportunity to reconnect after the long summer and introducing new Tigers to veteran ones.

It starts to sink in that you're officially a college student as you get to know your hall-mates and attend various happenings on campus, like open mic night at the Lair or even

the first women's soccer game of the season.

Besides all the awesome events you can participate in during the first few weeks of school, what really makes you a Tiger is the spirit you'll carry within you. Take pride in where you go to school, and flaunt it everywhere you go!

From going off campus to a local restaurant to visiting home over the fall weekend break, showing off your Tiger stripes is what makes being a student at Pacific so much more valuable.

For me, I truly felt I was a part of the Tiger family after my first full week on campus. I found a cohesive group of friends that I could grab dinner and go to volleyball games with. As my friends and I wandered into Alex G. Spanos Center for the first volleyball game of the year, I looked around and saw hundreds of my peers, all wearing black and orange. In that moment, I knew I'd found a place I could take pride in. I knew I'd found a home.

One day, when you're strolling through campus, you'll look out fondly at all the vibrant foliage and beautiful brick buildings. Even though it'll likely be over 90 degrees outside, you'll realize this is home.

Be a Tiger that ROARS!

Sarah Kellner
LIFESTYLES EDITOR

It's easy to sink into the shadows during your first semester of college. With so many new things going on, it can easily become overwhelming. That is expected!

The transition from high school to university is a large step into a new social environment. It is easy to tune out what's going on around you, especially for introverts.

Fight that urge! As much comfort as there is in being a wallflower, there are so many opportunities for growth and experimentation ahead of you.

The difference between watching an event happen and being in the event are the memories and friendships that can be built. All it takes is for you to dive into the social pool, and get to know the student body around you.

"But how?" You may ask. Get involved with clubs that you find interesting. Here at Pacific, there are all sorts of clubs catering to different tastes, from photography to Quidditch. Lucky for us, there will be a huge club mixer on Wednesday, Sept. 2 from 4-6 p.m. on the University lawn (in front of the DUC).

University of the Pacific also has a great Greek community, filled with social fraternities and sororities. Take a walk down Greek Circle and soak in the sights. These buildings have been around for decades and are filled with historical experiences.

To become involved in one, simply take interest and check out their recruitment booths for more information. In the fall, you can participate in an informal rush with a house, or wait until spring for a

formal recruitment experience.

But social clubs aren't the only option — academic societies exist as well. For most majors, there is a professional fraternity to become involved with. For example, pre-law majors can check out Phi Alpha Delta, a professional fraternity that focuses on expanding knowledge opportunities in the field, as well as creating a social infrastructure for future contact. Similar clubs exist for engineering students, communication majors and many more.

Enjoy sports, but don't consider yourself an athlete? There is a club for you! For some students, the student-athlete life is a natural step for them: They want to fully commit mind, body and soul to balancing a sport and academics throughout their college experience.

However, that isn't the case for everyone. Instead, sports clubs such as Tennis Club have a less stringent schedule and accommodate more flexible skill sets.

If you enjoy music and light gaming, The Lair (upstairs in the DeRosa University Center) hosts all sorts of different events. From touring indie bands to open mic night, this lively spot is a place to get social and enjoy live music.

For the budding or accomplished writers out there, get involved with The Pacifican, which will help hone your reporting skills as well as push you into social interactions and events!

As you start off your semester here at Pacific, just remember: This is a fresh start without any strings attached. Be who you want to be, and socialize!



Randall Gee

Dear Freshmen,

Congratulations! If you're reading this, I'm going to take a wild guess and say that you're about to start your first year here at University of the Pacific. To commemorate this joyous occasion, let's get you started with 10 things I wish I knew as a freshman.

1) College may not live up to your expectations. If I'm being honest, I *might* have been hoping my college experience would be comparable to Beca's in "Pitch Perfect." You know: finding your place, finding your voice, finding your other half. Suffice to say, my college experience has not been quite so exciting or dramatic. But college has still revolutionized my life in many unforeseen ways. Everyone's college experience is going to be different, and even if yours turns out a far cry from your dreams, just remember college is not your endgame.

2) Establish good habits early. To be frank, I do not have the best time management skills (and that might be a gross understatement). One thing I wish I established early on is strong time management skills and a solid schedule. Before the semester starts, make a list of things you find important to maintain, such as hygiene (this should be a given...), grades, health, sufficient sleep, social life and extracurricular activities (cough The Pacifican). Then plan out your calendar accordingly. The alternating schedule and semester structure may differ from your high school, in which case you should examine your syllabi and make sure you have enough time to balance everything.

3) Make connections now. Pacific gleefully touts "professors who know your name." And they should — this is a privilege many students at other institutions will never know. Make full use of this opportunity by becoming engaged in your professors' classes, attending office hours when you need assistance and getting to know your favorites and their fields of expertise. After all, you never know when you might need a letter of rec in the future! In all seriousness, though, Pacific's professors are truly involved in providing the best possible educational experience for you and your peers. It never hurts to have a worldly-wise adult or two on your side to ask for advice or assistance

when necessary.

4) Treat everyone as a potential friend. For many, college is the first real opportunity to branch out from the same old people who populated your hometown. This may lead to more diverse encounters than you are used to, perhaps even starting with your new dormmate(s). But don't feel overwhelmed — instead, have compassion and keep an open mind. If someone is willing to share his or her experiences in, say, a relevant class discussion or club meeting, listen up. In the end, you don't have to become friends with that person (or even agree with or particularly like them), but it can't hurt to pay attention to what they have to say. This extends to your living situation as well. Even if you do not become best friends with your roommate, learn from your experiences with them so you can be a mindful human to the next roomie who comes along. Of course, keep in mind...

5) ...Your freshmen friendships might not last. Don't take it personally. Freshman year is a notorious shuffle of people rushing to find a place amongst strangers. In the midst of all this, you might find it easy to become overwhelmed or overly cynical, with some friendships dissolving almost as soon as they've formed. But have hope: While this is a time rife with friendships of convenience, it is also a time for many to realize what is truly important in a friend. You may get lucky and discover your group right off the bat, and you might not — c'est la vie. Don't feel the need to conform right away. Instead, explore your interests, join clubs, attend events, get to know the people within your major — and know that tons of people find their core group later on. Remember, you have a few years to figure it out.

6) Pace out your meal plan. Let's be realistic here: You do not want to be the guy who runs out of meal plan midway through the year and has to use real money to buy food he's already tired of. But you also don't want to be the one stuck with \$600 at the end of the semester, frantically buying out The Grove's supply of overpriced shampoo/gum/organic Greek strained yogurt. Take a peek at that handy dandy color-coded meal plan spending grid (located near every register) whenever you

purchase something to ensure you're on track. If you are vastly overspending, reassess the frequency (and quantity) of your meals. If you are vastly underspending, maybe it's time to assemble a Grove care package for a friend or family member.

7) Do not wear pajamas to class. I know this. You know this. Look, I am all for lazy comfort, but the truth is, people's first impressions are largely based on how you present yourself. Wearing pajamas or sweats to class when you obviously had time to change (read: any class after noon) just gives off an unwelcome vibe of unpreparedness. If professors can wake up early, work for hours before and after class and pursue their research, I think you can manage to put on a real pair of pants.

8) Be conscious of where you are and adjust your behavior accordingly. This should be self-explanatory, but some freshmen (and some upperclassmen, let's be real) either don't know this or don't care. Yes, finding your soulmates in the form of a 50-strong group of people enamored with tuba and Tumblr is awesome, but we



University Language

As tempting as it looks, don't give off a lazy vibe to your professor.

don't need to hear you express that joy — in song — to the whole DeRosa University Center. Pro tip: If you want to steer clear of looking like an obvious freshman, avoid traveling in giant packs, memorize your schedule

and class locations, eschew wearing the standard-issue lanyard around your neck (a better place is a bag or back

DEAR FRESHMEN
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WANT TO WRITE FOR A NEWSPAPER?

Did you write for your High School Newspaper?

Are you an English Major?

Do you want to become a published writer?

Do you just want to write for Fun?

Whatever your reason,
Come check us out!
The Pacifican is always looking for more writers!

THE PACIFICAN

MEETINGS

Thursdays
at Noon

Smith Lounge
in Grace Covell Hall

What’s the best way to get around?

Ashneil Randhawa
NEWS EDITOR

There are many different ways to get around campus. Most students ride a bike, board or just walk from class to class. Each method has its own benefits and drawbacks. This is meant to help you incoming freshmen figure out which mode of transportation you’d like to use.

Biking is the fastest way to get around campus. Riding a bike also burns more calories than walking does in the same amount of time, which helps one avoid the infamous Freshman 15. Baskets and pouches can be mounted onto the bike to add extra carrying space.

Not every building has a bike rack, however, and a bike lock is necessary for additional safety. Some bikes, especially better quality ones, can be expensive. The bike itself is not easily transportable.

Boarding: There are three kinds of boards people use on campus:

longboards, pennyboards and skateboards.

Longboards are the most expensive of the three. They are also the easiest to learn and are the fastest. Longboards are designed to cruise or for downhill boarding.

Longboards are the most common boards on campus. They are a bit difficult to transport given their size, but they can be easily stored in a dorm room or against a classroom wall. Pennyboards are the smallest and cheapest of the three.

Their small size makes them more difficult to learn and ride than longboards and skateboards, but they are the easiest to carry, fitting into backpacks or fairly large purses. Skateboards are the midpoint between longboards and pennyboards in terms of cost, speed, ease of learning and size.

Walking is, obviously, the most common way to get around campus and the most self-explanatory. It’s easy, free and better than nothing.

THE PACIFICAN



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Drew Jones	VACANT
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PHONE
Main: (209) 946-2155
Ad: (209) 946-2193

FAX
(209) 946-2195

MAILING ADDRESS
The Pacifican
3601 Pacific Avenue
Stockton, CA 95211

EMAIL
pacificaneditors@pacific.edu

OFFICE
Smith Lounge
Grace Covell Hall

MEETINGS
Noon every Thursday
in the Smith Lounge

Editorial policy
Editorial comments reflect the views and opinions of the majority of *The Pacifican* editorial board, unless personally signed. The views of *The Pacifican* are not reflected in advertising, letters to the editor, or in any articles.

The Pacifican reserves the right to edit all submitted materials for length, factual information, libel, and clarity. All letters to the editor must have a verifiable signature, address, phone number, and email address.

STAYCATIONS

What Stockton has to offer

Emily Olson
OPINION EDITOR

As a University that tops the lists on good looks, Pacific has the sort of campus that can make the morning walk to an 8 a.m. class bearable... sometimes even enjoyable.

From the greenery over your head to the brick paths at your feet, the 175 acres of park-like grounds are your place to call home for the next few years.

And you’ll likely find new things to love about it every week. But part of becoming a Tiger involves venturing off-campus to explore your new terrain. Stockton might seem like a jungle, but it’s packed with a lot of opportunity for fun.

Not sure where to get started? Don’t fret new Tigers; The Pacifican has you covered.

If you’re ready for a low-key first outing, start with **Tiger’s Yogurt**. Accessible via a five-minute walk down Pacific Avenue, this hotspot



VisitStockton.org
An aerial view of the beautiful Stockton Marina. Rent a boat or kayak and sail along the delta.

college students together quite like navigating a two-story, 6,200 sq. ft. arena filled with fog, black lights and the sound of war cries.

Dominate as a team, go free-for-all — or maybe try both. Sessions are just under \$10, with plenty of weekly deals and monthly specials. Reservations are not required. Visit zapszone.com for relevant pricing and hours.

of restaurants and events.

If you’re feeling adventurous, plan a day trip to the **Stockton Marina**, a veritable water-lover’s paradise. Walk around the waterfront to see if you can spot some wildlife, or get in the water and journey down

STAYCATIONS
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GET SOCIAL!

AND NEVER MISS A **BEAT!**

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Kind advice from a wise Tiger

DEAR FRESHMEN
CONTINUED FROM PAGE 2

pocket) and stop using trays in the Marketplace.

9) You will probably get homesick. And that's okay. You're going to have good days and you're going to have bad days, and sometimes those days will be one and the same. College taught me to appreciate the minute details of home life: the way my parents woke me up in the morning, did my laundry and cooked; the way my sister and I could talk for hours, going off on the strangest tangents; the way my preferred brand of milk tastes (seriously, 2 percent does not taste the same across the board). Take the time to call up your parents, relatives and/or friends from home every once

in awhile. It will make you miss them less, and it will let them know you are thinking of them.

10) Embrace change and enjoy yourself. Remember to take the time to breathe. One bad grade is not the end of the world. Say yes to new foods and challenging classes and diverse experiences, and try to avoid your negative preconceived notions (unless you're contemplating illegal activities. Avoid those). Ultimately, college is your last chance to avoid the real, independent adult world. In college, people change, perspectives change, goals change. Yes, it is prudent to plan ahead, and you definitely should, but don't spend all your time agonizing over the nebulous future. You'll have

all the time after graduation to think about that.

I realize some of this advice may seem trite or obvious. I should know — when I was an anxious new freshman, I read tons of these types of articles, desperately diving for pearls of wisdom. But even if you have heard it all before, just realize that sometimes all we need is that last little push to start doing what we know we ought to. Now, take a deep breath and go get 'em, Tiger.

Best of luck,

Sarah Yung
Copy Editor

P.S. Feel free to drop by The Pacifican meetings — Thursdays at noon in Grace Covell's Smith Lounge — to let me know how this advice worked out for you.

Take advantage of your surroundings

STAYCATIONS
CONTINUED FROM PAGE 3

the delta with a kayak rental — at \$25 per day, it's worth it. Delta cruises and boat rentals are also available regularly, but prices can run high. More information is available at visitstockton.org/marina.

If you're looking for a little culture, browse the art and history collections housed at the **Haggin Museum**. Just over a mile away from campus, this underrated gem offers an educational escape from campus... without feeling too much like class.

Student admission is \$5, but keep your eye out

for monthly free days. The Haggin is open Wednesday through Sunday; visit hagginmuseum.org for hours.

Okay, so maybe you really need to get away from campus? Don't be afraid to embrace your collegiate freedom. Pile into a friend's car (or rent a zipcar from zipcar.com/pacific), and set off for a hike in **Yosemite**, a trek around **Lake Tahoe**, an excursion in **Sacramento** or a touristy-trip to **San Francisco**.

Pacific's location is ideal for whatever getaway suits your style. These next four years are yours, Tigers — get out there, go explore and grab plenty of memories along the way.

Pacific's top athletes to look out for this fall

Zach Withrow
SPORTS EDITOR

As we approach the start of the fall semester and try to refresh our brains in preparation for a new workload of units, it can become difficult to get back into the swing of things.

This process can be even more difficult for Pacific's student-athletes, who have undoubtedly been busy preparing their bodies for the wear and tear of another season.

Athletes from 19 different Pacific squads are shaping up to compete in 2015-16, and many of those athletes will be looking to build on strong performances from last year. Here are just a few of the Tiger athletes who showed great potential in 2014 and are looking to continue that success this season.

Tristan Blackmon '18 of the Pacific men's soccer team proved he belonged early in his freshman year, as he had an assist in his first game and an unassisted goal in his third game. He ended up starting 17 games and finished with eight goals on the year, which was the greatest amount in the West Coast Conference. The Las Vegas native was awarded Second Team All-WCC honors, as well as a spot on the WCC All-Freshman team.

You will definitely want to make it out to the pitch here at Pacific on Sunday Aug. 23 to see Blackmon and



Keith Sanpei

Outside hitter Lexi Elman '17 enters her junior year and looks to lead the Tigers to the postseason.

the talented men's soccer squad take on UC Santa Cruz.

Lexi Elman '17 of the Pacific volleyball team followed up her spectacular freshman year with another outstanding season in 2014 as a sophomore. The team's top outside hitter led the Tigers with 377 kills, 434 points scored and 28 aces.

Elman shined in a Sept. 29 match against the 21st ranked Loyola Marymount team, finishing with 22 kills in the win against the previously undefeated LMU. That performance

resulted in a WCC Volleyball Player of the Week nod. Elman was named as an Honorable Mention All-WCC performer at the end of the season.

The volleyball team will begin their 2015 season at the NIU Invitational on Aug. 28.

Junior Ben Stevenson '17 looks ready to lead the Pacific men's water polo team after a great sophomore campaign in 2014.

The 6-foot-4, 185 pound attacker/driver led Pacific with 54 goals and had 16 multi-goal games. He earned

accolades at the end of the season that included All-American honors and Honorable Mention All-Mountain Pacific Sports Federation honors.

Stevenson's season was highlighted by his first five-goal game in a victory over UC Davis in the Kap7 NorCal Classic. The Water Polo team will begin their season on Sept. 5 against California; their first home game will be on Oct. 17 against UC Irvine.

Pacific cross country senior Becky Grabow '16 is coming off of a spectacular season in which she posted the second fastest individual time in Pacific history at the WCC Championships on Nov. 1.

Grabow finished the race with a time of 21:33, which helped the Tigers finish with the best overall team time in Pacific history. Grabow and fellow cross country standouts Mia Knipper '16 and Lindsay Wourms '16 were named the Pacific Athletics Competitors of the Month in October of last year. Grabow also finished first overall in the 1500-meter race at the Chabot/CSU East Bay Legacy Invite in April, posting a time of 4:48.32.

The women's cross country team will begin their season on Sept. 5 at the Big Wave Invitational in Honolulu.

Our Tiger student-athletes will be doing great things this year. Be sure to check out the teams' schedules; you don't want to miss out on any home games!



SPIRIT DAY!

WEAR YOUR PACIFIC GEAR EVERY FRIDAY!